

SWEETCORN POLENTA WITH WILD MUSHROOM RAGU

This is nothing like traditional polenta, but softer and sweeter. Using one of those store cupboard staples with a twist.



1 large tin sweetcorn (340g)
20g butter
10g parmesan cheese – grated
2 tbsp chopped parsley
100g wild mushrooms
1 small leek (100g) – sliced into 5mm slices
1 clove garlic – sliced
1 tsp thyme leaves
½ glass white wine
1 tbsp crème fraiche

Hints, Tips and Variations

- ♦ *Wheat & gluten free*
- ♦ *You could cut fresh corn of the cob for the polenta, but puree for longer as the kernel skins are tougher.*
- ♦ *Use the polenta as a mash substitute with almost anything....*

Puree the contents of the sweetcorn tin with a stick blender or food processor for a good 2 min to break down the outer skin of the sweetcorn kernels.

Tip into a small pan and simmer gently, stirring occasionally for 10min to thicken the puree. As it thickens it will begin to catch on the bottom of the pan.

Once thickened, add ½ the butter, ½ the parsley, Parmesan cheese and black pepper to taste. Set aside and keep warm.

Melt the remaining butter in a small frying pan. Fry the leek & garlic gently to soften. Increase the heat and add the mushrooms. When the juices begin to run, add the white wine and allow to bubble for a few seconds.

Add the remaining parsley and thyme to the pan with the crème fraiche. Cook gently until the sauce has reduced to just coat the leek & mushrooms.

To serve, spoon the polenta onto a plate or bowl and top with the mushrooms.

Per serving 485Kcal, 13.8g Protein, 24g Fat (14g saturated), 51.5g Carbs, 10.3g Sugar, 278mg salt